

Steamed Salmon with Butter

サーモンのホイル焼き

● Ingredients (servings 1)

1 reasonably thin Salmon fillet

½ Onion

1 tsp. Butter or Margarine

Salt and Pepper

● Vegetables (such as carrots, broccoli, bell peppers as sides, to taste)

- Preheat oven to 400 °F
- Prepare



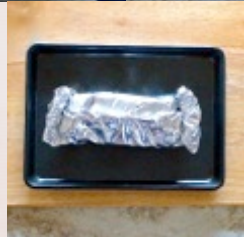
Slice a peeled onion into rings.



Spray foil (a big enough piece of foil to cover salmon completely) with nonstick cooking spray.



Place some cut onions and put salmon on the onions.



Sprinkle the salmon with some salt and pepper.

Put 1 tsp. of butter or margarine on the salmon. Put some vegetables on the side, as per your taste.

Pinch each side of the foil together and seal it.

Cook for 25~30 minutes (depending on the thickness of the fillet) in the preheated oven.

Check it is done before serving.

Sprinkle with some chopped green onion and sliced lemon to taste.
Serve with some side vegetables.

